

## **The Mountain Awakening Group**

**Meets Tuesday and Thursday Mornings - 6:00 AM to 7:00 AM**

### **Spiritual Readings From:**

**Alcoholics Anonymous (the "Big Book") and The Twelve Steps and Twelve Traditions (the "12 and 12")**

**Page 86 of the Big Book (Read by the Moderator or a Participant):**

**"On Awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest, or self-seeking motives. Under these conditions we can employ our mental faculties with assurance for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives."**

**Page 63 of the Big Book, the Third Step Prayer (Read by All who care to participate):**

**"God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy way of life. May I do thy will always."**

**Page 86 & 87 of the Big Book (Read by the Moderator or a Participant):**

**"In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for an inspiration, an intuitive thought, or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it."**

**Page 76 of the Big Book, the Seventh Step Prayer (Read by All who care to participate):**

**"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."**

**Page 99 of the 12 and 12 – The Prayer of St. Francis (Read by All who care to participate):**

**“Lord, make me a channel of thy peace... that where there is hatred, I may bring love... that where there is wrong, I may bring the spirit of forgiveness... that where there is discord, I may bring harmony... that where there is error, I may bring truth... that where there is doubt, I may bring faith... that where there is despair, I may bring hope... that where there are shadows, I may bring light... that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted... to understand, than to be understood... to love than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”**

**Pages 99 & 100 of the 12 and 12 (Read by the Moderator or a Participant):**

**“As beginners in meditation, we might now reread this prayer several times very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea.”**

**“As though lying on a sunlit beach, let us relax and breathe deeply of the spiritual atmosphere with which the grace of this prayer surrounds us. Let us become willing to partake and be strengthened and lifted up by the sheer spiritual power, beauty and love of which these magnificent words are the carriers. Let us look now upon the sea and ponder what its mystery is; and let us lift up our eyes to the far horizon, beyond which we shall see all those wonders still unseen.”**

**(Five Minute Period of Silent Meditation)**

**Page 87 of the Big Book (Read by the Moderator or a Participant):**

**“We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn’t work. You can easily see why.”**

**Pages 87 and 88 of the Big Book (Read by the Moderator or a Participant):**

**“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show. Humbly saying to ourselves many times each day, ‘Thy will be done.’ We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.”**

**“It works – it really does.”**

**“We alcoholics are undisciplined. So, we let God discipline us in the simple way we have just outlined.”**